Earn up to \$100 for getting your physical!

Earn \$20-100 for getting your FREE annual physical and showing healthy results.

For full-time employees on the City's health insurance plan.

Visit www.nlr.ar.gov/wellness to learn more, or call Bernadette for info: 975-8777.



If an employee is unable to meet the goal range for the gift card incentive through the first screening, he/she may qualify for a reasonable alternative and earn the same reward by retesting at a later date and showing improved numbers. Contact: Bernadette Rhodes, Employee Wellness Coordinator, at brhodes@nlr.ar.gov or (501) 975-8777.